

Harper Center Bulletin

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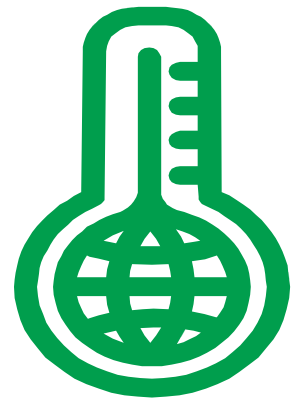
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The Williamstown council on Aging lives in the Harper Center at 118 Church Street in town and is open for business from 8-4, Monday thru Friday and at 11:00 on Sunday for lunch. You can contact us at 458-8250, fax to 458-5156 or via email to bogrady@williamstown.net

We've been providing quality services and programs to Williamstown elders and their families since 1966!

August 2009 Newsletter

We're back at the hottest month and I guess some of you will find that to be a mixed message. Personally, I like the heat, bring it on! I'll be heading down Dixie way later in the month, visit my daughter in Virginia, hang out with some friends for awhile, I'm sure it will be warm then too. Some folks really don't care for hot weather, but it's here and you can't do anything to change it. However, do pay attention to the heat, right? Drink plenty of fluids, stay inside during the hottest part of the day, wear sunscreen if you're out in it, it's the annual hot weather drill, right?



Speaking about weather, how about all of this rain, eh? I almost want to tell you to forget about the sunscreen and list a bunch of places you can buy boats and rain gear from...

Ridiculous! It's ruining my almost non existent golf game!

Seat saving

Alright, we thought that we had cured this one a couple years ago but alas, we have to let our inner child out sometimes...Here we go again; there is no seat saving here. Recently a guest here was refused a preferred seat because someone thought another person—who ultimately didn't come—was coming for lunch. Not cool folks. Nobody has a reserved seat license and seats are first come first serve. So be friendly and understand that you can't always sit where you want, especially if someone else gets there first.

Dump Ladies

What was it that Sandy said the last time they were here? That in Dump Lady music nothing is ever the same twice in a row? Or something like that? OK, something like that. Anyway they will be back for a second summer show on Tuesday August 18 with that bounding joy they bring every time they play. They were here last in May and we all enjoyed them, come in and party with us again. We'll definitely be doing a cookout and yes, there will definitely be chicken this time! I'm saying that there **WILL** be a cookout, at least we'll have cookout food, given the way the weather goes, it may be a cook-in! Anyway, there will be a sign up-**PLEASE** indicate your food preference as indicated on the form. Thanks



August SHARE and SHINE

Our SHINE Counselor Peg Jenks will be here on Wednesday August 19 at 11:30 to assist anyone who needs help with issues around health care insurance. She is, as usual, available to meet in a private consultation at other times- contact the Harper Center office for details. SHARE food packages for August feature several real good meat deals to be had for a very inexpensive price. We have all the information you need to consider from available packages to actually processing your food orders. We can help you cut your food bills so please, ask us!

**More SHINE news
on Page 4!**

Pasta and a movie

You know, Hollywood always has its' own version of what happens in life. Did you ever wonder what happened to George Reeves, the original superman? Some say suicide, others have a more sinister ending for the man of steel. Anyway, on Tuesday August 4th we'll be showing the movie "Hollywoodland" which addresses the subject of Monsieur Reeves demise. The movie is at 1, we'll have a Pasta Fest luncheon, meatballs or chicken, at noon, sign up please, you know where.



Tea Party Harper Style

Been a lot of talk about tea parties in the news lately. Politics of course. Here we do it differently, the old fashioned way, with real tea and cucumbers! On August 25th, at 1:00, our own Karyn O'Toole will host her annual Tea Party, number seven. There's been a long, successful history for this event, lot's of helpers ranging from Brigita, lot's of kids from the dance troupe, Eleanor, Kim, Brian doing the darn dishes...So, here we go again, lots of goodies and different teas, women running around in silly hats and white gloves...oh yeah., oh yeah, here we go again. I've suggested a twist on an old tea party standard, maybe you'll actually get to see it, maybe not



Boston Post Cane

We'll be presenting the cane to Nora Kelly in a private ceremony at her home next week. Nora was born on Christmas eve in 1906 and what memories she has! I just marvel at the changes the Cane holders I have been privileged to know have seen in their lifetimes. I mean, I just think of what I've all seen and then add many more years worth. From horses to cars to space shuttles, and all the historical personalities and events in between. Wow.

What will the future hold, I wonder? When I was significantly younger I went to the New York Worlds Fair and saw the future exhibits, some of which have become real , like walking in space. What comes next? Two hundred years of age to win the great cane? I guess with what's come before, I wouldn't be surprised.

CASH for CLUNKERS

A couple folks have asked so here's the skinny; it only works on the trade in to purchase or lease a new car so you can't just sell your car to the government. The trade in vehicle has to be 25 years of age or less, get 18 MPG or less while travelling [ouch] and must have been insured and registered continuously for the last 12 months preceding the deal. By the way folks, it's a credit in the form of a rebate and your dealership can help you with that portion, they'll reduce the price you pay depending upon the value of your trade in. There may be other details about this program that you should know, check the **ONLY** official website –www.cars.gov– for details. And remember, there are scammers out there, make sure that you utilize a reputable dealership and consult the cars website for other details **BEFORE** you get burned!

Williamstown Council on Aging

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**We're on the web!
www.williamstown.net**

If you have MEDICARE, soon you'll be getting important information from your Prescription Drug Plan, your Medicare Health Plan and/or Prescription Advantage [if you're a member] read it, DON'T IGNORE ANY OF THESE LETTERS! During the open enrollment period from November 15-December 31, you'll have a chance to change your coverage for next year. Our SHINE Counselor will help you with this if you are in need {and yes, we'll invite Margie Ware to come and explain the changes to everyone at a special lunch program before then}. So stay tuned, DO NOT toss any of your insurance paperwork and do call us if you need to. We're here when you need us!

Page Four News and Notes

Our good friend Kip Moeller, who also serves as our Foot Care Nurse will be here at 9:00 on Tuesday August 18 to trim toenails and massage aching feet. Of course, if you're interested in seeing her, you need to make an appointment soon as her spaces fill up fast!

The monthly blood pressure clinic hosted by our friends at Premier Home Care will be at 12 on August 11—right before the Friendship Club meeting. That seems to be a good time, eh?

Our monthly Brown Bag Food delivery, courtesy of the Food Bank of Western Massachusetts will be on the afternoon of August 28, the last Friday of the month. If you're curious about the Brown Bags full of food and fresh seasonable veggies you see going out of here monthly, ask me.

Finally, our Red Hats group will be meeting on MONDAY August 24th to go to "Big Shirl's" over in North Adams. Yup, I said Monday, it's definitely a different day!

